

# What's SAPpening

BROUGHT TO YOU BY CENTER FOR HUMANISTIC CHANGE STUDENT ASSISTANCE PROGRAM LIAISONS



#### **Upcoming Events**

- Birth Defect Prevention Month
- Stalking Awareness Month
- Cervical Cancer Awareness Month
- 2/ Science Fiction Day
- 14/ Dress Up Your Pet Day



**Center for Humanistic Change** 555 Union Blvd., Suite #7 Allentown, PA 18109 610-443-1595

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#### **CHC Student Assistance Program Team**

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### January / 2023

Real

Fake?



#### **Fentanyl**

- Opioid 50 times stronger than heroin
- Has mostly replaced heroin on the streets
- Implicated in about 68% of overdose deaths
- Pressed into pills to look like Percocet or Xanax





#### "Fentapills"

- Look like other pills, such as Percocet, Xanax, Ritalin
- Can be purchased online via Snapchat and other apps
- Some may be rainbow colored





Fake Oxycodone Pills

#### **Fake Opioid Painkillers**

Street names: 30s; 40s, 512s, Beans, Blues, Buttons, Cotton, Greens, Hillbilly Heroin, Kickers, Killers, Muchachas, Mujeres, OC, Oxy, Oxy 80s, Roxy, Roxy Shorts, Whites





**Real Xanax Pills** 

Fake Xanax Pills

#### Fake Alprazolam (Xanax) Pills Street

Street names: Bars, Benzos, Bicycle Handle Bars, Bicycle Parts, Bricks, Footballs, Handlebars, Hulk, Ladders, Planks, School Bus, Sticks, Xanies, Yellow Boys, Zanbars, Zannies, Z-Bars









Fake Adderall Pills

#### Fake Amphetamine (ADHD) Pills

Street names: A-Train, Abby, Addy, Amps, Christmas Trees, Co-Pilots, Lid Poppers, Smart Pills, Smarties, Study Buddies, Study Skittles, Truck Drivers, Zing



## Online Systematic Training for Effective Parenting (STEP)

A program for parents and caregivers with children in elementary school (6-12 years old).

Classes start on: Jan. 17 - Feb. 21, 2023

Participants must register and attend session one, pick and choose sessions of interest after that.

The program will help the participants to:

6:00 - 7:00 PM

- Increase ability to identify goals of misbehavior
- Increase encouragement skills
- Increase skill in communication
- Increase skill in discipline
- ... and more!

For more information and registration, contact:
Maria Alonso-Tomlinson mtomlinson@thechc.org

### Looking for community resources?

Contact Delia Mitchell at: dmitchell@thechc.org 610-443-1595 ext. 13 / cell: 502-298-6281





#### LIP BALM ON EYE LIDS?

Teens are putting Burt's Bees lip balm on their eyelids, and no, you shouldn't try this at home. People believe rubbing Burt's Bees lip balm on their eyelids before a night out will give them a euphoric, tingling sensation. However, experts say otherwise.

#### TikToker trend called "Beezin"

Beezin' is a fad where people apply Burt's Bees lip balm to their eyelids. The menthol or peppermint flavors are supposed to cause a sensation of enhanced alertness.

Placing menthol or peppermint on the eyelids can cause a burning sensation, inflammation, swelling and even pink eye. *Optometry Times* states that beezin' can cause contact dermatitis, saying a "nice buzz" can turn into a "full-blown inflammatory response requiring treatment."

#### **REACH LV**

**Youth Recovery Center** 

**REACH** provides a recovery community program that supports, empowers, and provides services to adolescents and their families in all phases of recovery.

#### **Services Include:**

- Recovery Meetings
- Peer-to-Peer Support
- Planned Sober Social Events
- Family Support Groups
- Psychosocial Education Groups
- Linkage to Counseling and Community Services

860 Broad Street, Suite 104, Emmaus, PA and Palmer Recovery Center, 2906 William Penn Hwy, Easton PA Office: (610) 421-6443

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